



St. Paul's Episcopal Church  
McHenry, IL



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**Weekly ePistle**  
**February 20, 2019**

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*New and Notable..*

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**Thoughts from Bill**

**“Be still before the Lord and wait patiently for him.”**

Psalm 37:7a

Everybody knows the old saying about how doctors like to play God. There's a joke about a famous surgeon who died and went to heaven only to find that he had to wait his turn in a waiting room. All manner of people are in there with him. Babies are crying, people are coughing. Frustrated, he finally goes up to St. Peter and said, "I am a world-famous surgeon, a doctor, I don't want to wait in this waiting room. Peter said sorry, you'll wait like everyone else. He sat trying his best to cope with his rage until he saw a man in a white robe enter the gates and Peter said to him, "Welcome, Doc!" He ran up and screamed, "why did that Doctor get in?" Peter said softly, "Oh, he's not a doctor, he's God and he likes to play doctor."

I thought of this story as I waited in my ophthalmologist's waiting room this past Friday. It was full when I got there and began to empty as one after another were called back. Some came in after I arrived and got called back. When I realized I was the only one left, I said to one of the receptionists, "I'm feeling very lonely in here." Within minutes I was with the doctor and on my way home, eyes dilated!

I have to admit, I'm not a very patient patient. In reality not a very patient person. Though I realize how important to my faith it is to "be still before the Lord and wait patiently for him." One place, however, I can be patient and that's when I'm at worship. Our liturgy is designed to help us be patient before the Lord. Especially one of the invitations to communion, "take them [the bread and wine] in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving."

My mind, my reason, looks around in my daily life at who's ahead of me, who's doing better than I am, who's younger, wiser, richer, more successful. My heart, however, the muscle that has kept me alive since my birth, is nearly forgotten but critical. Just as God has kept me alive since my birth, God has accepted me as I am, and God doesn't demand anything except that I love God with all my heart, soul, and mind, and my neighbor as myself." It is here that I find that wonderful peace that "passes understanding."

I stop, I am still, I wait for the Lord, and I finally have the patience that is so important to my life and faith.

Faithfully,  
Bill

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*In case you missed it...*

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### **St. Paul's Welcome Committee Hosts Lenten Labyrinth Walks**

St. Paul's will hold weekly Labyrinth walks to members of our community during Lent. The Welcome Committee members will act as docents to members of the community as they walk the Labyrinth. The committee has identified several community organizations and churches that may find walking the labyrinth beneficial and will use social media and word of mouth to publicize this event.

There is no cost to walk the Labyrinth. There will be a special opportunity for parishioners to walk the Labyrinth following the 10AM service on Sunday, March 10th. Details will follow.

Catherine Carroll of St. Mary's, Crystal Lake, will be conducting a Labyrinth Workshop on Saturday, March 2nd at St. Paul's. The Welcome Committee, vestry, and members of St. Paul's may participate in this workshop. Space is limited to 12-15 people. Ms. Carroll is St. Mary's labyrinth expert and has given workshops at other churches.

#### **SO, WHAT IS A LABYRINTH?**

The labyrinth is a spiritual tool that has many applications in various settings. "It reduces stress, quiets the mind, and opens the heart. It is a walking meditation, a path of prayer, and a blue-print where psyche meets Spirit." The Reverend Dr. Lauren Artress, Creator of The Labyrinth Project and President of Veriditas.

A labyrinth is not the same as a maze.

With a labyrinth, there are no decisions to be made, no tricks, no dead ends, and its whole is always visible. A maze, on the other hand, is a puzzle with many possible routes. Mazes are meant to disorient the seeker. A labyrinth has only one path that leads the seeker into the center and back out again. Each walk is a different experience for each person. Labyrinths have been in existence since before Christ. For more information about labyrinths please go to: [www.veriditas.org](http://www.veriditas.org).

Please contact a member of the Welcome Committee with any questions you may have. Members of the committee are Carol Toft, Kathy Biggerstaff, Ray Bishop, Charles Sterbis and Jim Lukas.

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**COMING UP SOON!!**



*Shrove Tuesday Taco Dinner*

*March 5th, 6pm - 8pm*

*Free of charge - Donations gladly accepted*

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**ASH WEDNESDAY**

March 6th

Holy Eucharist and Imposition of Ashes

Noon and 7pm

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***Help is needed!***

We have openings for both Flower Guild and Altar Guild coming up for the 2nd week of each month. Training will be provided. Please let Lisa know ([lisa@stpaulmchenry.com](mailto:lisa@stpaulmchenry.com) or 815-385-0390) if you feel called to help in these wonderful ministries!

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*The usual fare...*

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***On the Calendar...***

**Vestry** - Thursday, February 21, 6:30 pm

**Men's Breakfast** - Saturday, March 2, 8:00 am

**Shrove Tuesday / Taco Dinner** - March 5, 6:00 pm - 8:00 pm

**Ash Wednesday** - March 6, noon & 7:00 pm

**Labyrinth Walk hours** -

Thursdays, 11am-1pm, 5:00pm-7:30pm

starting March 14

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## Lessons and Hymns for this Sunday, February 24, 2019

Seventh Sunday after Epiphany (Year C)

by the Rev. William P. McLemore

### THE SCRIPTURE LESSONS:

**The Old Testament:** Genesis. This passage tells the story of Joseph confronting his brothers after they had sold him into slavery to Egypt. **Psalm 37:1-12, 41-42.** This psalm tells that the Lord will deliver the faithful from evildoers and the wicked. **The Epistle:** I Corinthians 15:35-38 42-50. Here, St. Paul tells the difference between the things that are perishable and the things that are imperishable. **The Gospel:** Luke 6:27-38. Jesus continues to preach the good news to his followers.

### THE HYMNS:

**Processional:** No. 551. "Rise up, ye saints of God." This hymn was written by William Pierson Merrill on a ship sailing across Lake Michigan. The hymn has been set to no less than 12 different tunes in 24 years and "Festal Song" is the one that has become the most popular in the United States. This tune was composed by William Henry Walter an organist at several Episcopal and Presbyterian Churches. The hymn forms appropriate music with which to leave church thinking about God's love and our love in return. "Rise up, ye saints of God! His kingdom tarries long: Lord, bring the day of truth and love and end the night of wrong."

**Sequence:** No. 404. "We will extol you, ever blessed Lord." This hymn is attributed to J. Nichol Grieve and is based on Psalm 145. I couldn't find any information on this person and the hymnal lists no dates. The tune is the "Old 124th" and was harmonized by Charles Winfred Douglas (1867-1944).

**Presentation:** No. 469. "There's a wideness in God's mercy." This is only part of a much longer hymn written by Frederick William Faber that appeared in "Hymns 1862." The words express an expansive image of God's love and mercy that pours forth over all the earth. "For the love of God is broader than the measure of the mind; and the heart of the Eternal is most wonderfully kind." The tune, "St. Helena," is new to our 1982 hymnal, composed by Calvin Hampton who was the organist and choirmaster at Calvary Episcopal Church, Gramercy Park, New York City, for twenty years (1963-1983). This setting is best sung simply with deep meditation on the words.

**Communion:** "O Lord, Hear My Prayer." This is a Taize community musical paraphrase to a psalm (102:1-2). It was set to music by Jacques Bertheir (1923-1994) in 1991, shortly before he died. The Psalm reads, "Lord, hear my prayer, and let my cry come before you; hide not your face from me in the day of my trouble."

**Recessional:** No. 594. "God of grace and God of glory." Harry Emerson Fosdick wrote this hymn in 1930 for the dedication of the Riverside Church in New York City. It was first sung at the opening service, October 5, 1930, and at the dedication on February 8, 1931. The tune, 'Cum Rhondda' was composed by John Hughes. The hymn is a great one to close our worship by asking God to "Grant us wisdom, grant us courage."

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## **Servants for February 24th**

Jim and Beth Lukas - *Ushers*  
Jim Lukas - *Lector*  
Barb Moriarty - *Intercessor*  
Pam Dietmeyer, Charles Sterbis- *Eucharistic Ministers*  
Barb Moriarty - *Vestry Person of the Day*  
Christian Bell - *Children's Crucifer*  
Marilyn Bell, Marilyn Reihansperger - *Altar Guild*  
Marilyn Bell, Kathy Biggerstaff - *Flower Guild*

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***From the studio of William P. McLemore***



*"I understand she was a parish secretary for 26 years!"*

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The Rector's Email - [lorilowe@stpaulmchenry.com](mailto:lorilowe@stpaulmchenry.com)

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